

# Healthy Recipes

## **Fresh Mozzarella-Tomato-Basil Salad**

\_ pound fresh mozzarella  
cheese\*  
2 large red tomatoes, sliced  
1 large yellow tomato, sliced  
\_ tsp salt  
3 TBSP extra-Virgin Olive Oil  
Freshly ground pepper

PREP: 10 MINUTES

CHILL: 4 HOURS

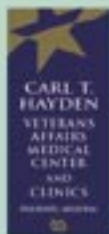
### **Directions:**

Remove cheese from brine and cut into 12 sliced; sprinkle tomato sliced evenly with salt. Alternate tomato and cheese sliced on a platter; drizzle with olive oil. Cover and chill 4 hours. Just before serving, sprinkle with freshly ground pepper and basil.

\*Fresh mozzarella is a soft white cheese available at gourmet grocery stores or cheese shops. Sometimes it's packed in brine, a strong solution of water and salt used for pickling or preserving foods.

Nutrient information: Yield 6 servings.

Per serving: Calories 282 Fat 22.7g  
Cholesterol 40mg Sodium 767mg



Compliments of the Nutrition and Food Service

# Healthy Recipes

## Herbed Tomato Crostini

### Ingredients:

2 cups seeded chopped tomato  
\_ tsp salt  
\_ tsp freshly ground pepper  
2 TBSP chopped fresh basil  
1 TBSP capers  
1 tsp chopped fresh mint  
1 TBSP olive oil  
1 baguette  
1 clove garlic, halved  
1 tsp olive oil

PREP: 12 MINUTES

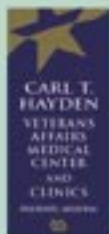
Use your finest olive oil and succulent yellow and red tomatoes to dazzle friends with this simple appetizer.

### Directions:

1. Combine first 7 ingredients; toss well.
2. Slice baguette into 16 (1/2-inch) slices. Toast slices at 400 degrees C. for 6 minutes, turning once.
3. Rub garlic over 1 side of each slice. Spoon tomato mixture onto slices. Drizzle with 1 TBSP oil. Yield: 16 appetizers

Per Serving: Calories 86 Fat 2.5 g  
Cholesterol 1 mg Sodium 212 mg

Source: The Ultimate Southern Living Cookbook



Compliments of the Clinical Nutrition Department

# LYCOPENE

\* Note! Medical conditions or problems should be discussed with your doctor. Good nutrition is not a substitute for medical treatments and a doctor's care.

- Lycopene is an open-chain unsaturated carotenoid that imparts red colour to tomatoes, guava, rosehip, watermelon and pink grapefruit.
- Lycopene is a proven antioxidant. Antioxidants neutralize free radicals, which may damage the body's cells.
- Research shows that lycopene in tomatoes can be absorbed more efficiently by the body if processed into juice, sauce, paste and ketchup. The chemical form of lycopene found in tomatoes is converted by the temperature changes involved in processing to make it more easily absorbed by the body.
- In the body, lycopene is deposited in the liver, lungs, prostate gland, colon and skin. Its concentration in body tissues tends to be higher than all other carotenoids.
- Regular high consumption of fruits and vegetables is recommended as part of healthy eating. Epidemiological studies have shown that high intake of lycopene-containing vegetables is inversely associated with the incidence of certain types of cancer. For example, habitual intake of tomato products has been inversely associated with the risk of cancer of the digestive tract among Italians. In one six-year study by Harvard Medical School and Harvard School of Public Health, the diets of more than 47,000 men were studied. Of 46 fruits and vegetables evaluated, only the tomato products (which contain large quantities of lycopene) showed a measurable relationship to reduce prostate cancer risk. As consumption of tomato products increased, levels of lycopene in the blood increased, and the risk for prostate cancer decreased. The study also showed that the heat processing of tomatoes and tomato products increases lycopene's bioavailability.
- Ongoing preliminary research suggests that lycopene is associated with reduced risk of macular degenerative disease, serum lipid oxidation and cancers of the lung, bladder, cervix and skin.
- Studies are underway to investigate other potential benefits of lycopene - including the H.J. Heinz Company sponsored research at the University of Toronto and at the American Health Foundation. These studies will focus on lycopene's possible role in the fight against cancers of the digestive tract, breast and prostate cancer.

REF.: Stahl, W. and Sies, H. **lycopene: a biologically important carotenoid for humans?** Arch. Biochem. Biophys. 336: 1-9, 1996

Gerster, H. **The potential role of lycopene for human health.** J. Amer. Coll. Nutr. 16: 109-126, 1997

Derived from [www.lycopene.org](http://www.lycopene.org)

# *Lycopene Content*

Product	Lycopene (mg /100 g)	Serving Size	Lycopene (mg /serving)
Tomato Juice	9.5	250 mL (1 cup)	25.0
Tomato Ketchup	15.9	15 mL (1 tbsp)	2.7
Spaghetti Sauce	21.9	125 mL (1/2 cup)	28.1
Tomato Paste	42.2	30 mL (2 tbsp)	13.8
Tomato Soup (Condensed)	7.2	250 mL prepared	9.7
Tomato Sauce	14.1	60 mL (1/4 cup)	8.9
Chili Sauce	19.5	30 mL (2 tbsp)	6.7
Seafood Sauce	17.0	30 mL (2 tbsp)	5.9
Watermelon	4.0	368 g (1 slice 25 x 2 cm)	14.7
Pink Grapefruit	4.0	123 g (1/2)	4.9
Raw Tomato	3.0	123 g (1 medium)	3.7

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